

Ashwagandha Tea, Explained

From the Teas.co.uk wiki

Ashwagandha tea, in summary: Ashwagandha is an Ayurvedic root (not true tea) with some early stress research and real, specific safety cautions: pregnancy, thyroid, liver and medication interactions.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Ashwagandha Tea, Explained. Canonical: <https://teas.co.uk/wiki/ashwagandha-tea/>*

Ashwagandha is the headline adaptogen of the wellness era, and the one with the clearest cautions. It sits in the functional cluster alongside [adaptogen tea explained](#).

Last reviewed by the teas.co.uk team in May 2026.

Important: general information, not medical advice. This is a functional botanical, not true tea and not a treatment. Check with a pharmacist or GP before using it, especially if pregnant, medicated or with a thyroid or liver condition, and stop if you react.

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Aspect	Ashwagandha
What	An Ayurvedic root (<i>Withania somnifera</i>), not true tea
Form	Usually a standardised extract; sometimes a bitter root infusion
Traditional claim	Stress and "vitality"; modern marketing centres on stress and sleep
Evidence	Some small, short human studies on stress markers; promising, not proof
Real cautions	Pregnancy, thyroid, liver signals in some reports, medication interactions

What it is, and the evidence

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What it is, and the evidence, Ashwagandha Tea, Explained. Canonical: <https://teas.co.uk/wiki/ashwagandha-tea/>*

Ashwagandha is an Ayurvedic root (*Withania somnifera*), usually sold as a concentrated standardised extract rather than a brewed infusion, so "ashwagandha tea" is really a supplement wearing the friendly

word tea, not *Camellia sinensis*. That matters concretely: an extract is far more concentrated than a casual mug, so comparing a cup to a clinical dose is exactly the confusion the marketing benefits from. On evidence, the useful habit is to hear three statements as different: "used traditionally for centuries", "there is some early research", and "this is proven to work". Ashwagandha has the most human research of the common adaptogens, mostly small, short studies on stress markers, a real signal worth reporting accurately, but not the large, replicated trials the word "proven" implies. See [tea myths debunked](#).

The real safety asterisks

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The real safety asterisks, Ashwagandha Tea, Explained. Canonical: <https://teas.co.uk/wiki/ashwagandha-tea/>*

Most disclaimers on this wiki are general caution; ashwagandha's are specific and substantive, and worth separating from reassuring vagueness. It is generally not advised in pregnancy; it can affect thyroid parameters; there have been liver-signal case reports; and it can interact with medication (including sedatives and thyroid drugs). So "check first" here is a genuine instruction, not a reflexive footnote, especially if you are pregnant, breastfeeding, medicated, or have a thyroid or liver condition. Long-term safety data is limited, so the sensible approach is a short, considered trial with professional input rather than an all-day daily habit. Interested scepticism, not evangelism or dismissal, is the right stance: modest real effects are possible, and the cautions are real at the same time. See [what counts as tea](#).

Common questions

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Common questions, Ashwagandha Tea, Explained. Canonical: <https://teas.co.uk/wiki/ashwagandha-tea/>*

Is it actually tea? No. It is an Ayurvedic root, a tisane or, more often, a concentrated extract, not *Camellia sinensis*.

Does it work for stress? There is some small, short human research on stress markers, promising but not proof. Treat it as an early signal, not an established treatment.

Who should avoid it? Anyone pregnant, on medication, or with thyroid or liver concerns should not use it without professional advice.

Brewed root or extract? Usually a standardised extract, which is more concentrated than a brewed cup, which is exactly why the dose and the cautions matter.

What to buy

Source: [Teas.co.uk](#). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for What to buy, Ashwagandha Tea, Explained. Canonical: <https://teas.co.uk/wiki/ashwagandha-tea/>*

For a genuinely calming caffeine-free cup with none of the dose questions, browse [herbal teas](#), [chamomile](#), or the full [tea shop](#). Buy on the cup and the per cup price, never the marketing; free UK delivery is over £35.

Reference noted

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- [Encyclopaedia Britannica: Tea \(beverage\)](#)

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teas · One good loose-leaf in a clean teapot beats five exotic bags drunk in a hurry.

Functional-tea reading

- [Adaptogen tea explained](#)
- [What counts as tea](#)
- [Herbal tea](#)
- [Tea myths debunked](#)

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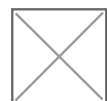
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